

2020 Ignit Baseball Club

	Club Benefits
Ignit Coach Led Team	✓
Spring League	✓
Tournaments (Including State Tournament)	7
Ignit Performance Training (Jan-Mar: 2hrs/week / Apr-Jul: 1hr/week)	✓ \$420 Value
Winter Practices (January to March: 2 per week)	✓
In-season Practices (Start April 3 Weather Permitting: 2 per week)	✓
Skills & Drills (January to March)	✓
3 Clinics (November & December)	✓
Ignit Facility Access (Open Gym/Turf Based on Availability)	✓
Ignit Team Uniforms	✓
Club Fee—Upfront Payment (We Also Offer 3 & 6 Payment Options)	\$1,825

Ignit Performance Training

Your player's overall athletic and baseball specific skills will reach new levels of achievement, pairing the best baseball and performance regimes together!

Here is what you can expect over the 6+ month season:

- Two one-hour sessions per week during the preseason (Jan, Feb, March)
- Two sessions per week coinciding with practice during the season (April, May, June)
- Acceleration development - Baseball players need to accelerate over short distances in the in-field while extended acceleration may be necessary in the outfield and on the base paths
- Max Velocity development - The neuromuscular action rehearsed when training for Max Velocity will improve "first base to home" speed while also allowing outfielders to close on balls hit to the gaps
- Multi-Directional development - Defensive readiness is improved when baseball players are balanced and ready to react with efficient footwork in any direction.

Baseball Fall Performance Training (August 2019 to December 2019)

Athletes have an option to pick up an additional 5 months of off-season performance training, at a discounted rate of \$250 (\$50 per month). The additional time gives athletes an opportunity to continue developing their skills or get a jump on the next season.

The added 5 months gives athletes year round access to Ignit Performance Training program.

** Individual and Small Group Lessons not included in Baseball Club Fees **